



Quarterly Wellness Campaigns

Earn rewards for a healthy lifestyle

\$100.00

Premier Rewards Card for enrolling in the Cigna telephonic coaching program and achieving a goal with a coach*.

Receive free & confidential coaching on any of the following topics

- Weight Management
- Stress Management
- Chronic Condition
- Tobacco Cessation
- Case Management
- Cigna Pharmacy

Get connected with a coach TODAY! 1-855-246-1873

\$25.00

Premier Rewards Card for maintaining your weight +/- 2 pounds from the initial weight in**.

- Visit www.tucsonaz.gov/wellness for quarterly weight in schedule

*Must have the Cigna medical plan and be the primary enroller to participate in the Cigna telephonic coaching program. Must achieve a goal set with Cigna coach to receive incentive. Well-Being Coordinator Raquel Downs will contact the employees the following quarter who achieve their goal to coordinate delivery of reward. Please allow 8-10 weeks for processing.** Any active City employee can weight-in and track their progress, but only benefit eligible employees are eligible for the incentive and can only win once a quarter. Well-Being Coordinator Raquel Downs will contact the employees who maintain their weight to coordinate delivery of premier rewards card, please allow 8-10 weeks for processing.